

Group Exercise Strength & Conditioning

Early Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am Total Body Conditioning Studio A Nicole	5:15am CS Indoor Cycle Studio B Nicole	5:15am CS Indoor Cycle Studio B Nicole	5:15am Total Body Conditioning Studio A Nicole	5:15am CS Indoor Cycle Studio B Stephanie		
		5:15am-5:45am Jillian Michaels BODYSHRED™ Studio A Stephanie				

Morning & Afternoon

8:30am-9:00am Flex Power-Upper Studio A Chris	8:15am Silver Fit Camp Studio B Michelle	8:30am-9:00am Flex Power-Lower Studio A Chris	8:15am Silver Fit Camp Studio B Michelle	8:30am-9:00am Jillian Michaels BODYSHRED™ Studio A Theresa	8:15am-8:45am Jillian Michaels BODYSHRED™ Studio B Stephanie	
9:10am R.I.P.P.E.D Studio A Theresa	9:15am Indoor Boot Camp Studio B Jodi	9:10am R.I.P.P.E.D Studio A Theresa	9:15am Indoor Boot Camp Studio B Jodi	9:10am Step It Up Studio B Theresa	9:15am Indoor Cycle Studio B Stephanie	
10:30am Silver Sneakers Circuit Studio A Michelle	10:30am Silver Sneaker Classic Studio A Michelle	10:30am Silver Sneakers Cardio Fit Studio A Michelle	10:30am Silver Sneaker Classic Studio A Michelle	10:30am Senior Cycle & Strength Studio B Henry	11:20am-11:50am Jillian Michaels BODYSHRED™ Studio A Nancy	
		11:30am Step 101 Studio A Michelle				12:10pm-12:40pm Jillian Michaels BODYSHRED™ Studio A Henry
12:20pm-12:50pm Flex Power-Upper Studio B Chris	12:15pm-12:45pm Jillian Michaels BODYSHRED™ Studio B Jodi/Michelle	12:20pm-12:50pm Flex Power-Lower Studio B Chris	12:15pm-12:45pm Jillian Michaels BODYSHRED™ Studio B Jodi/Michelle			

Evening

6:00pm-6:50pm HIIT the Cycle Studio B Henry T	6:20pm-6:50pm Flex Power-Upper Studio A Chris	6:00pm-6:50pm HIIT the Cycle Studio B Henry T	6:20pm-6:50pm Flex Power-Lower Studio A Chris			
6:00pm Total Body Conditioning Studio A Aaron	7:00am-7:30pm Jillian Michaels BODYSHRED™ Studio B Chris	6:00pm Total Body Conditioning Studio A Aaron	7:00pm-7:30pm Jillian Michaels BODYSHRED™ Studio B Chris	6:10pm-7:40pm Road Warrior Studio B Henry T		
7:00pm Legs & Core Studio B Aya						

3-7-2016 to 4-3-2016

Class are approximately 50 minutes unless stated.

CS Indoor Cycle This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome and the specific class programming depends entirely on the instructor teaching it. Remember to bring a towel and water bottle!

Flex Power UPPER/LOWER is an anaerobic (non-aerobic) class that brings weight training and body sculpting to the studio in an original group format. Upper refers to upper body and Lower refers to Lower body. Please arrive 5 minutes before class to set up your equipment.

JILLIAN MICHAELS BODYSHRED™ is a high intensity and endurance based 30 minute workout. S.H.R.E.D. stands for: Synergistic, High-Intensity, Resistance, Endurance, and Dynamics. This class utilizes Jillian's very own 3-2-1 interval approach, which is 3 minutes of strength, 2 minutes of cardio, and 1 minute of abs. You will shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.

Legs & Core- Need we say more? Targeted resistance training designed to condition and shape the legs and core area.

R.I.P.P.E.D. – The One Stop Body Shock™ is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency and challenge in each and every R.I.P.P.E.D. class. It is Plateau Proof, because each component of the workout provides a uniquely different emphasis or system response, so your body never gets accustomed to the constantly changing format.

Road Warrior Cycling This 90 minute indoor cycling class is for the hard core road cyclist and fitness fanatic. Great to prepare you for the road or just give you the extra calorie burn you might be looking for.

Senior Cycle & Strength This original format is designed for the healthy senior in mind that enjoys Indoor Cycling and Strength Training! Great class to improve cardiovascular activity while increasing your strength!

Silver Fit Camp Offers a boot camp type atmosphere for the older adult. This workout is designed to give you the safest and most effective workout while trying new things. This hour long class will offer you cardio and strength building exercises. There are no limits in this class.

Silver Sneakers (Cardio Fit) Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Silver Sneakers (Circuit) Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Silver Sneakers (Classic) Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing, and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Activate your urge for variety!

Step 101 class combines basic combos for the beginner on an adjustable step while providing a background in the basic components of step movements and terminology.

Step it Up Utilizing the step in many positions & heights, this compelling cardio program strengthens & shapes the lower body one step at a time.

Tabata Bootcamp This class is a combination of intense HIIT conditioning exercises mixed with variable timed Tabata sequences. This class is excellent for "muscle confusion" without confusing the class attendee. If you want to burn calories, get in amazing shape, and like variety this is the class for you!


Total Body Conditioning This high energy class works the entire body using various mode of fitness! In this class you will be working strength, conditioning, and agility.

All fitness levels welcome!

Group Exercise

Mind, Body, and Movement


Early Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:15am</u> Pilates-Mat Studio B Stephanie	<u>5:15am</u> Rise&Shine Yoga Studio A Taryn	<u>5:50am-6:20am</u> Foam Roll & Stretch Studio A Stephanie	<u>5:15am</u> Pilates-Mat Studio B Stephanie	<u>5:15am</u> Rise&Shine Yoga Studio A Taryn		
	<u>Yoga for Vets (http://www.yogaforvets.org/)</u> Copper Sky is proud to be a part of such an awesome organization and support our Veterans! All Maricopa Veterans are welcome to attend <u>any</u> Copper Sky Yoga class for free with Valid Veteran ID and picture ID. (VA I.D. or DD214 with Picture I.D.).					
						

Morning & Afternoon

9:15am Yoga Vinyasa Flow Studio B Stephanie	8:15am Yoga Relaxation Studio A Elizabeth	9:15am Yoga Power Flow Studio B David	8:15am Yoga Slow Flow Studio A David	9:15am Pilates-Mat Studio A Stephanie	9:15am-10:00am Pound: Rockout. Workout® Studio A Josie/Maria	
10:15-11:00am Pound: Rockout. Workout® Studio B Maria	9:15am Zumba® Studio A Nancy	10:15-11:00am Pound: Rockout. Workout® Studio B Maria	9:15am Zumba® Studio A Nancy	10:15-10:55am Pound: Rockout. Workout® Studio A Maria	10:15am Pilates-Mat Studio B Stephanie	11:15am Zumba® Studio B Maria
11:05am-11:55am Zumba® Studio B Maria	10:30am PIYO® Studio B Jodi	11:05am-11:55am Zumba® Studio B Maria	10:30am PIYO® Studio B Jodi	11:05am-11:55am Zumba® Studio A Maria	10:15am Zumba® Studio A Nancy	12:50pm Barre Conditioning Studio A Sara
				12:00pm Yoga Vinyasa Flow Studio A David		

Evening

	6:00pm Yoga for Jocks Studio B Taryn	7:00pm Yoga Slow Flow Studio B David	6:00pm Yoga for Jocks Studio B Taryn	6:00pm Barre Conditioning Studio A Sara	 <p>Yoga for Vets (http://www.yogaforvets.org/) Copper Sky is proud to be a part of such an awesome organization and support our Veterans! All Maricopa Veterans are welcome to attend <u>any</u> Copper Sky Yoga class for free with Valid Veteran ID and picture ID. (VA I.D. or DD214 with Picture I.D.).</p>	
7:00pm Zumba® Studio A Josie	7:00pm Zumba Toning® Studio A Josie	7:00pm Zumba® Studio A Josie	7:00pm Zumba Toning® Studio A Josie			
	8:00pm Zumba Toning® Studio B Clarissa	8:00pm Zumba® Studio A Clarissa	8:00pm Zumba Toning® Studio B Clarissa			

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Barre Conditioning is a full body workout that fuses the best elements of ballet, Pilates, sports conditioning, and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching. This regimented routine will evenly sculpt and quickly transform the entire body, resulting in a toned, trim physique.

Foam Roll & Stretch is a great way to learn how to perform self-myofascial release of trigger points in the muscles. Trigger points are sore spots that form within muscles or tendons. Foam rolling is a way of massaging away muscle soreness in trigger points, and preparing your muscles for deeper stretching. The best muscle recovery activity next to a massage!

Pilates–Mat is a system of controlled exercises that engages the mind and conditions the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balanced approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. This class will be performed mostly on an exercise mat.

PIYO® is a **Pilates** and **Yoga** inspired athletic workout that includes flexibility and strength training, conditioning and cardio movement to keep the heart rate up and the body burning fat. Yoga mat required (we have limited available); also bring a towel and plenty of water!

POUND:Rockout.Workout.® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometric and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Copper Sky provides the Rip Sticks, but you are more than welcome to bring your own.

Rise&Shine Yoga Wake up easy and get moving in this All Levels flow class that will guarantee that you are ready to face the day with a smile. This class combines a series morning routines designed to jump start your day, wake up your body and get your energy flowing! This is a wonderful way to stretch and tone the body and the mind for a positive day ahead.

Yoga Power Flow Vigorous fitness-based yoga class with more challenging asanas (poses) sequenced to focus on strength and flexibility. All fitness and experience levels welcome and encouraged!

Yoga Vinyasa Flow This form of yoga is a “breath-synchronized with movement” class using traditional asanas (poses) to increase stamina, build strength, and improve flexibility. All fitness and experience levels from first timers to advanced yogis are welcome!

Yoga for Jocks Based in the principles of Yin Yoga, also known as the quiet practice, this type of yoga works on opening the deep connective tissues and joints of the body improving flexibility and range of motion. All levels welcome!

Yoga Slow Flow is a relaxing mix of slow flow vinyasa movement and static postures with deeper enhanced breathing designed to increase flexibility, calm the mind and relax the body. All levels welcome.

Yoga Relaxation Leave your stress and worries on the yoga mat and relax your mind and muscles with this calming yoga class.

ZUMBA® A Latin-inspired, dance-fitness class that incorporates Latin dance movements. This class format combines fast and slow rhythms that tone and sculpt the body.

ZUMBA TONING® Combines targeted body-sculpting exercises and high-energy Latin-infused Zumba moves to create a calorie-torching, strength-training class.

Yoga for Vets (<http://www.yogaforvets.org/>) Copper Sky is proud to be a part of such an awesome organization and support our Veterans! All Maricopa Veterans are welcome to attend any Copper Sky Yoga class for free with Valid Veteran ID and picture ID. (VA I.D. or DD214 with Picture I.D.).





Group Exercise

Aqua Fitness

Morning & Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30am-10:00am Aqua Tabata Pool Michelle		9:30am-10:00am Aqua Tabata Pool Michelle				
	9:15am-10:00am Silver Sneakers Splash Pool Michelle		9:15am-10:00am Silver Sneakers Splash Pool Michelle	9:15am Aqua Fit Splash Pool Henry		

Aqua Fit This shallow water workout includes calisthenics style movements with variations of upper and lower body moves. As the participant, you manipulate the water to create your preferred level of intensity.

Aqua Tabata This fast paced aqua class uses the latest High Intensity Interval Training (HIIT) techniques, also known as Tabata, to get the blood flowing and the fat burning to maximized conditioning and after workout fat burning!.

Silver Sneakers (Splash) Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.